

# Parents ... Can You Relate?



Does it seem like your kids are acting out of control?

Are you struggling to keep your family together?

Do you worry that your children are not safe?

Would you like help connecting to community resources?

## Help Is On the Way

### At the Norfolk Family Services Center

**We believe** that parents want their families to be safe, healthy and strong.

**We believe** that families are experts about their children.

**We believe** that with a little help from community resources, families have the power to find solutions and make positive changes.

**We believe...in YOU!**

### FREE SERVICES FOR NORFOLK RESIDENTS

- Resources & Information
- Community Referrals
- Home Visits
- Crisis Intervention
- Family Assessments
- Short Term Counseling
- Case Management
- Family Conflict Resolution
- Parent Education & Support
- Fatherhood Outreach

**Call the Early Prevention Unit at 664-7790**  
for a free and confidential consultation



**N O R F O L K**  
Department of Human Services

